Mind The Builder Magazine

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"MIND THE BUILDER MAGAZINE", an established monthly publication, written or edited by Dr. Arthur A. Lindsay, owner, location, Hotel Wardell, Detroit, Michigan.

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PLEASE SEND NAMES OF YOUR FRIENDS WHO MIGHT BECOME INTERESTED IN THE LAWS AND FORMULAS OF TRUE PRACTICAL PSYCHOLOGY, WHICH WILL BE IN EVERY ISSUE OF MIND THE BUILDER MAGAZINE.

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It should be noted that Mind the Builder Magazine is practically solid reading matter, not commercial advertisements, chiefly.

At one dollar a year a gift is comprehended in every issue – it cannot be produced and delivered for that sum.

Our literature inspires many questions and Dr. Lindsay is glad to give his personal attention to replies to all psychological interrogations—readers may address, for all purposes.

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DR. A. A. LINDSAY, PUBLISHING

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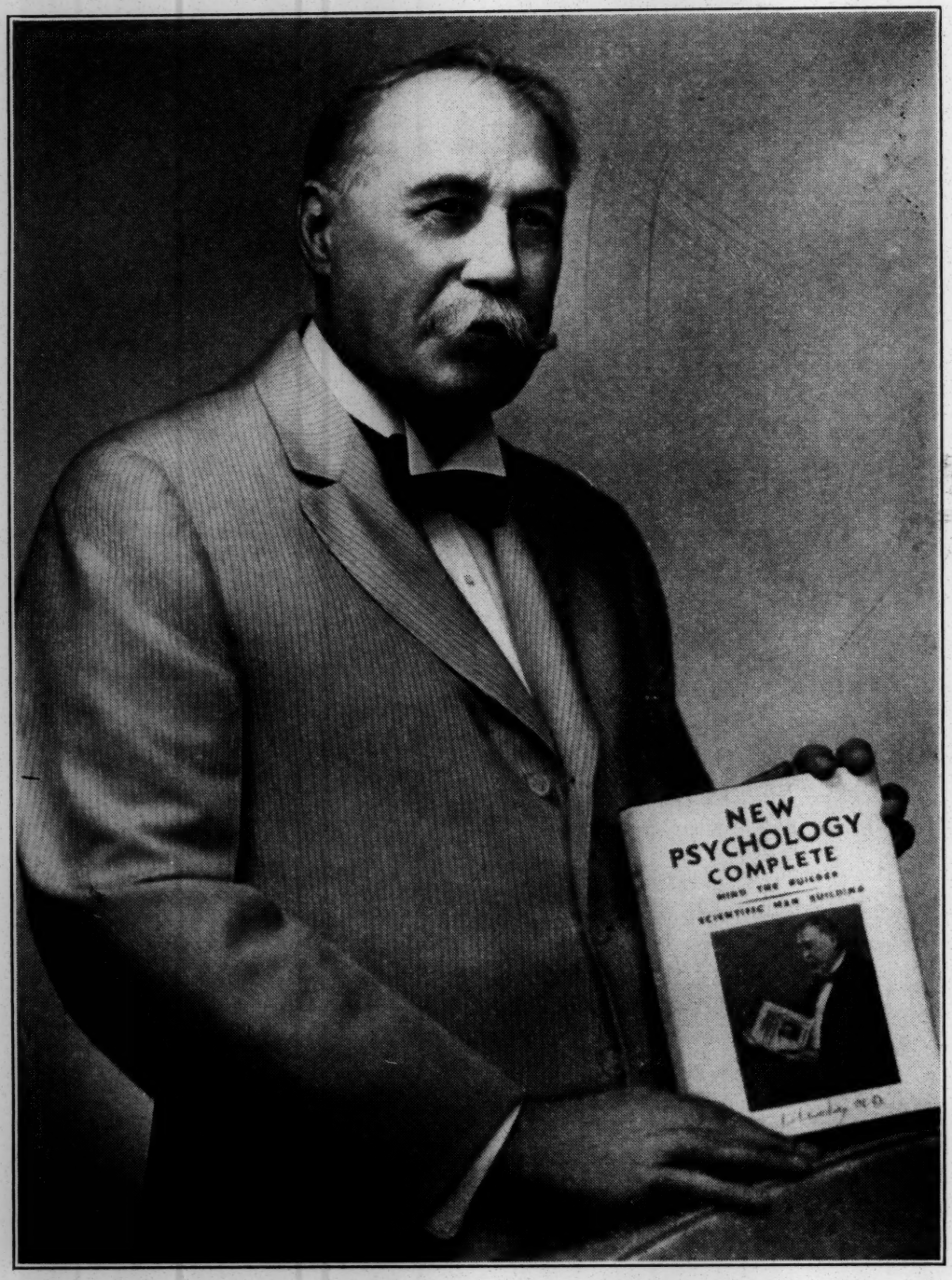

NEW
PSYCHOLOGY
COMPLETE
MIND THE BUILDER
SCIENTIFIC MAN BUILDING

POISON IVY

LITTLE TEN YEARS OLD LOIS LINDSAY CARSON, one of the two, formerly babies, I used to send pictures of in my literature, and whom you along with me admired and loved had, at my latest visit to New York the most awful exhibit of poison ivy. Now Nature is the kindest God we ever can know but she is Law. When one is the victim of poison ivy one must be broadminded to believe Mother Nature is kind at all. A little innocent beautiful child joyously romping over hills and dales unsuspectingly touching one of nature's products, becoming almost like having antagonized a poisonous reptile, reasonably wonders about this kindness. Lois is learning all the time and she has found out that mother and father may become melted by her pleas but Nature is inflexible and may impress discipline that seems near cruelty. She is a very observing little girl and is discovering that there are protecting laws through which she may be well cared for and all of her program may be carried on within the range of her ability and that she need have only blessedness.

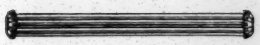
The effect of the poison had become shown in face as well as regions of the body and the itching and burning were very painful. She had been informed that I was about to arrive in New York. About midnight she went to her mother's bedside and told her that she had called for my help and felt better and would return to her bed and sleep. She kept her promise. She was brought to see me as quickly as possible. Her face was so swollen that one would hardly recognize her. To me the most important

feature was to keep the effect from her eyes. She was so patient and so trustful that she gave me all the aid that could be extended to one using my modes of suggestion. She let go of all tension in the treatment.

The next day I knew we had saved her eyes and mouth—the swelling had mainly disappeared. She had left me the first day crying because her mother would not permit her to kiss me, telling her she might poison me. She was happy to assure me at the second visit that she knew there was no danger in our loving expression. Her comfort was hardly interrupted as the corrections were speedily fulfilled and she slept day and night for the healing period. She had a problem to meet for she had expressed herself unfavorably regarding the usual resort to medication. She explained that she used camphophenique and other things too, but on the outside; that the things protected the outside so healing could take place from within. She had at hand the illustration of wearing clothing heavier in winter to protect the body against temperatures from outside so that her soul could keep her body warm from within. She and her thirteen years maturing sister Joan are both talented in music also especially gifted in drawing—both ahead of their ages in their school education.

Mr. Carson, the father proves to me that he cannot be excelled in gratitude for the myriad blessings that have filled their lives, his and the mother's and their two children. He particularly emphasized his appreciation that the parents had come into contact with and gained the understanding of our teachings

previous to their marriage and the birth of their children. More loyal people, no teachings can ever have than this whole family has given. Their blessings have mounted with the added years. What they asked for and more, they have gained. They built, according to their own ideas, a lovely dwelling on their acres they had chosen, 25 miles from New York City. Up there in Connecticut they find every advantage they can think to wish for. Maybe you can understand why I am so happy in my lovely people and pronounce them the finest and most blessed among all humans—maybe you can account for their love for me and their great forethought in my behalf—it is beyond me to do so. I give all that I am but that does not seem enough for the love that comes back. One wholehearted embrace may mean more than I can comprehend — more comes to me in the hand grasp than is in all other mysteries—men give me so much in frankness and even ardent affection.



CONCLUSION OF THE APRIL LETTER

I HAD A LETTER from a patron, comprehensive in features of experience of every new student of our subject, who wished to apply the modes described in our writings, in helpfulness to others, also to himself. Being a letter that would describe the experience of our earnest ones I wrote the inspired reply, not intending at the time to present it to others as well as the one to whom I was sending the reply. However, I realized that it contained our fundamentals so plainly stated that many could be helped by studying it. And in that I was not mistaken for many have written to me that they found great benefit and added understanding.

Also in that letter of reply I printed in the April issue of Mind the Builder I showed how I felt toward this man whom I valued and value as a friend, worthy in every respect because of his noble aspirations and efforts and attitudes. I would that everyone would bring to himself the feeling that goes from me to him. You will find throughout my writings occasional outbursts of my feeling and regard that I have toward another. I let those go forth as a hoped for influence that may encourage persons to have, not only possess, but dare to express in words of kindliness, also carry into acts in the fullest fellowship—interest in the welfare one toward another. Distinctions in class that we foolishly think we have, fade out when we know ourselves and others better—we disclose the fact that we all have the same needs and each has means of meeting the needs to a great extent, that others have—only so often we timidly approach each other or maybe

do not clear away the barrier, the barrier in one's own erroneous interpretation of self and the other.

Yes, I often sense my daring when I give best outlet of expression I can formulate—it is not a false conceit—it is answer to my ideal that directs my natural feeling toward my fellow-man that I believe should be the usual and would be universal if one gained that true psychology that helps reveal to one how he should regard his neighbor. One needs one's neighbor, but usually casually realizes that his neighbor needs him—all this in spiritual attitudes would guide our deportment, each toward the other.

Goodness is eternal—when one starts a line of it there never is an ending. My student wrote me his heartfelt letter—he touched my depths and stirred into action impulses that I would that I could encourage everyone to give outlet to in answering to innate kindness that would be sure to direct proper courtesy among humans. Etiquette might be adorned but its embellishment seems injurious—is injurious when forms are painfully executed by the literary master of what the books tell one to do. I wonder if love and all that loving kindness would desire were ever withheld from one, who dares to be one's self? Pass along all the good that my friend's letter has started—all of its fruits are in precious harvest.

The Conclusion of My Letter

There was not the space essential to the complete copy of my letter to my friend—this is copy of the final. His reply is so beautiful that I would wish to print it—however, maybe it is too personal.

I am giving you five years of my books—equal in volume to about four times the Big Book in the

number of pages and it is all pertaining to the practical life. I know you will find help from these writings—I know you will let my telepathic thought reach you—you will welcome my every thought toward you and yours—they are lovingly extended—confidently sent because now I know that you intellectually can understand and in your heart you have eagerness to be helpful to others and as for yourself, to grow into fullest expression of your ideals—our creative powers working together in all ideal building will be a determinative force in your life—and the time will come when you will feel that if it were necessary for you to have had all that trouble in order to have been led into contact with my most loyal friend, and yours too, and through him be introduced to our saving truths, you will eternally bless those pains.

You never will think of me as one, who would choose some one in a conspicuous place as one to whom I would rather give my attention than to you, who are honorably and industriously and aspiringly giving your life to the highest principles and under them continually growing toward the ideal. Your lovely letter appeals to the depths of me and all that my life's work may have brought to me and all that I may be in any manner helpful to you shall go to you spontaneously. I ask only that our souls shall show us how best I can help you and yours. Your loving care to those about you shall carry us into rapport with them so that we shall count the most in their lives.

As long as life is, whether this print grows dim or remains distinct I shall be seeking your well being.

TELEPATHY? YES

TELEPATHIC ATTENTION and that given when the object of it was not objectively conscious of it being extended was followed by the complete and permanent, at least into years thus far, abandonment of the use of whiskey. Operator, myself, begging your pardon, and a relative of the drinker knew that he was sick of the addiction and wished that he could quit but he had no hope of which he was conscious, that he could do so. We were more than ordinarily eager concerning the uncontrollable desire becoming completely cancelled. The relative and operator were in rapport with each other and the young man and his relative more than ordinarily close to each other. The operator was more than ordinarily eager to help the relative, more than he was to help the actual liquor victim.

We two were together nearly a day and had two formal sessions in our periods of quiet. As the operator I was involved in bringing relief to the near insane person, who had come to me, not daring consciously to hope that we could count much with the addict but maybe bring some release to the relative.

So far as the man was involved nothing had been objectively introduced into his life, neither had he any objective knowledge of operator and relative being together or seeking anything in his behalf.

In this account I emphasize that no objective feature related to his program different from that of a usual day and night. From the day the relative and I were together the man has not taken one drink of intoxicating liquor and years have passed.

WHAT CAUSES YOU TO BE WHAT YOU ARE
and
To Do What You Do

BRIEF STATEMENT would define everyone's cause in all that ever he has been or will be; all that he has done and all that he will do.

Endless could be the debate but even all related to the debate would be from the same cause. All that is involved in any individual instance of one coming into being and being a human and not some other form of life, all answer to all that one is, was or will be, is: THE POWER OF THE IMAGE.

Forming pictures and impressing them upon one's self and giving them to others surely would be more carefully performed if even the slightest conception were conceived of concerning the power of the thought in its creative and directing power—compelling power.

Analysis of All Cause

An idea, thought, picture—an image introduced into the mind (something that was not in the mind before) is a suggestion. Thinking would involve turning the thought over in the mind. Usually that mental activity tends to be followed by the conclusion. Previous to forming the conclusion, not necessarily would the picturing be of any effect. When the *conclusion* is formed the mental phase may be through with the picture, whatever may be the subject. However, that which has been in the thought has not reached its destination—the conclusion determines the effect that the picture, the image, shall create for in the conclusion is the

interpretation of the idea. Conclusions can be neutral, constructive or destructive. If constructive or destructive (particularly if destructive) usually there is some degree of excitement attending. The excitement takes the form of emotion when the conclusion is registered in the subconscious, that phase of the soul that is called: "the acquired self," that subconscious, the seat of memory.

That which was called, when introduced into the conscious mind, a suggestion, has become, when registered in the subconscious, a *scientific suggestion.* While the images, while held by the conscious, voluntary mind may be disposed of as the thinker pleases—like one who thinks he will then thinks he will not, cancelling of all effect the thinking, he may decide instead with some *emotional conclusion;* thus giving trend to the thought will determine the picture to become a scientific suggestion, or as in first above reference, register with no effect. A scientific suggestion is a picture that will be used by the soul as a working plan which the soul will use to create what the picture calls for. That is Nature's law: whatsoever image the soul possesses or comes to possess it is qualified to build in perfect fulfillment —emphatically that is in prophecy if the image is emotionally accompanied.

It is in history shown thousands of times that a statement of condemning or maybe reprimand sort spoken to a mere child becoming a controlling influence in the life of that litle one, maybe after it has grown into adult age. This sort of effect is most often shown to manifest in the period of approaching manhood or womanhood. It would be useless to endeavor to state percentages as to the forms of de-

structive suggestions, such as relative to health, character or disposition, predominating—the pictures when registered in one's subconscious will become THE CAUSES in that one's life. I know of no writing that pertains to practical psychology by any other person to compare with my own detailed productions, yet it is not required that one must study all of it to obtain a proper estimate of the feature, suggestion and scientific suggestion—every page is an exhibit of the power of the image. One will disclose that any mode that can provide a picture can convey a suggestion to the conscious, outside mind and any image therein impressed may become registered in the subconscious that is equipped under natural laws to cause the image to become the pattern of fulfillment.

This very week a mother was in to tell me that when her son, now nearly 16, when eleven, he heard the Doctor tell her that the boy's heart worked too fast. Now the boy declares that he gets short of breath and finds it hard to breathe sometimes and that he can feel his heart running away. Also he announced that he is anemic. The mother asked him how he knew—he replied that he had looked it up in the dictionary.

Pictures are the causes—the pictures that become causes are in the acquired phase of the soul, are upon one's heart. I know that in all my writing there is the substantiation of that fact. Then to correct an undesirable condition there must be the cancellation of all value, the image that is being fulfilled in the body, disposition, habits or character or all. Sometimes one has enough faith and trust directed toward a material remedy or the

one who gives the medicine and one coincidentally recovers—the soul expectancy enabled and directed the soul to make the corrections.

The illustration of the eleven year old boy hearing his heart described as inefficient, at thirteen when he would be most eager to join in youth's sports is afraid that slight activity might be attended with speeding up of heart action. That is a situation in which a perfectly sound heart is the actual, but is the functioning exhibit of just what the suggestion calls for. With a life spoiled through the self-consciousness, impairments of disease will usually follow that cause, suggestion.

In this city sometime ago an elderly man came to me in the state of mind and body that wholly, literally obeyed the limiting suggestion that had been given to him. He was informed that if he turned and went any further than the distance of one side of the block and back he would endanger his life, because of his heart condition. His fear suggestion would, in all probability have made the demonstration just as predicted. Of course he never took a step further even in trial.

He then received the glad suggestion that he could extend his journey around the block. Accepting the suggestion and successfully and comfortably fulfilling it, very soon he took the complete liberation to enjoy the activities permitted others.

The complete title to our work is "Practical Psychology or The Gospel of Liberation." The registrations in the phase of the soul, in the subconscious, in the acquired self, are images that are used by one's creative power as plans they are suggestions—

to change results, change the suggestions right where they are registered.

My writings describe the formulas as modes for giving counter suggestions scientifically — Change the image to change manifestations.

A Resounding Protest

After coming to the above closing words I followed a frequent pleasurable impulse to read profitably the thoughts of some others, as they are printed in the *Readers Digest,* June issue. Nature has placed no innate impulse within one that has not purpose, there is a proper situation in which to use it—all natural responses are on the basis, appropriateness and temperance—nothing getting out of control.

I read that there may be by official approval the introduction of teaching and practice of "military tactics" in the schools of America. Not the horrors of war as history might depict but an imagination, emotion and following copy in feeling and conflict, that, beginning as a child, a youth in high school might be a finished battle combatant, having pictured his school companion as his enemy whom he must get or by him be slain. What do you think of that idea, whether you have read the foregoing portion of this article or not? If you permit your innate ideal self any freedom of outlet it is emphatically righteously aroused in protest against such a program being approved and adopted under official sanction. It is harmful enough to provide the baby with weapons, although in toy form, with which in its imagination it would torture or kill. Just as continues, theoretically, in early and later school program, the young are being taught to think, feel

and act all through life according to the things the more experienced humans would choose for the younger to adopt as principles that govern practices.

The controlling power of the image is not depending upon when the picture was planted in the soul, the only item is: is the picture there? How great is the pride of the citizenry as it praises the officer whose father also was a great warrior—and to add to that the history, the background of a grandfather also having been the great general. Quite scientifically there is recognition given spontaneously to the idea that images rule and that they may become accentuated and direct for superior expression when there is need of fullest measure of inspiration in killing or other form of destruction. Dare we hope for possible recognition of the stages that pictures pass through? Can it be expected that some day it will be of clear perception that a thought while in the voluntary mind can be given the constructive trend while in the conscious mind so that it will be registered in the soul as a constructive poise-giving force or as a glad emotion creative influence? Must we determine that the modes of the present that are immersed in ignorance shall always continue to be almost wholly destructive scientific suggestion, thought, spoken and lived?

Thinking is scientific prayer for that which is depicted in the thought to become the fulfillment—the soul of the thinker, under natural law must receive the image and just as much under natural law it must create after the image it possesses or comes to possess.

GREATEST INVESTMENT: BEING RIGHT

INVESTMENT SUGGESTS paying in, "The Price" suggests, paying out, even when we use the words "The Price of Being Right." In another writing I have shown something of the costs of being scientifically (demonstrably) established in one's beliefs and practices—however I did not show that lamentably, did I? Now I would like to make our standards of belief and practice even more inviting. I could use all the superlatives in praise from the standpoint of comfort, peace, happiness even unto joyousness. The influence of my positive and constructive terms would make one feel good, but there are many instances where an insincere person has falsely praised--has praised that which is not true and made something seem enticing because one strongly wishes that the item might be true.

I believe our demonstrable truths are millions of times more pleasing and desirable than can any falsely claimed merits become. I would declare that all that one might pay out, even if one entered in the account the items as costs, outlay or loss, in actuality, each feature would be pure gain, in the instance of being right, the CAUSE being right, true and beautiful. No one could pay too much for a truth, and surely the beautiful could have no exaggerated estimates. Our investment can have no equal in valuation and we state the terms in which that statement becomes authoritative.

Our rightness is all proved in terms of the spiritual in that innate phase in the human wherein both knowledge and power reside—innate knowl-

edge adequate for his or her purposes and inherent power equally omnipotent. The potentialities of these become accessible under the laws and formulas which our teachings and practice define and our formulas demonstrate.

Every Form of Life Incessantly Prays

Although each individual life has within itself the potentialities adequate for its purposes in and for self-expression, that very adequacy may consist in gaining the harmonizing and cooperation with other forms of life. The agriculturist has the inherent intuition, since he instinctively prays for food from the vegetable kingdom, to plant the seed that instinctively is praying for expression of its potentialities so is indirectly praying for burial in the soil where there are the food elements which it will apply and through them will take the form in reproduction of its kind. Please note that inherent power to apply the material elements in the soil and inherent instinct, intelligence, to be hungry and to treat the elements as food digested, applied, and all the transformation involved in storing energies of different form.

The potential elements, knowledge and power in the soul of the bean are all developed through the natural that is in the bean, the seed that is praying, in its soul, for outlet in expressing its inherent potentialities innate in the life and intelligence in the bean. It is a praying form of life—Nature established all essential power and knowledge for its purposes, placed them in the bean—even a bean asks no special providence to watch over it nor give it more power neither more knowledge. If some

human or other subject does not carry it to another point, neither the breezes nor other force place it, it will fall into the soil in its environment, there it will use what it can apply to grow into its expression. The picture of the bean is in the soul of the bean—its successors will have the same picture, calling for the fibrous outside protecting elements and for the soft germinal part to contain the food for that primary cell to absorb as food and develop other cells. The cells are, in their souls, hungry and each uses its body—that is the soul of each uses its body to apply the elements of material sort and the cells continue to multiply and the soul arranges them to fulfill the pattern of the bean, root, stalk and stem and bloom and new primary cell to be present in each new life as an individual member in every pod, the home of the new family. The inherent potentialities of the original, parent bean have been adequate for its complete fulfillment of its natural purposes.

The parallelisms between the human and any other expression of life, regardless of the form of the subject or its purposes are so much in common that the illustrations can be used interchangeably. The workers, in whatever kingdom a subject belongs, if they would change the manner of objectification of an individual subject they have adopted some means of getting action upon the image in the soul of the subject—whenever the picture in the soul of a form of life has been changed there came the change of form of the subject in its manifestation.

The human is given the voluntary phase of mind

—with that he chooses to make his program of life —he makes many bad patterns — goes many destructive ways, and everything he chooses is copied in picture form in his soul. One's soul is one's builder—the patterns, images registered in the soul become adopted by that builder and disease may be in the pattern. How many subjects a year for 45 years would one need to treat in order sufficiently to prove that: to change one from disease to health would involve the change of the plan that the architect and builder is using—canceling the disease pattern and replace it with the health pattern that the harmonies of health would take the place of the inharmony manifestation. Of course if I believed that the Creator of the universe held the pattern and the power to replace the bad one with the good one I would pray to that Spirit to perform the healing. Since I do know that that Creator placed the potentialities of disease or health creations directly in the soul of mankind and qualified each member of that class to be his own builder, modifier or as destroyer or healer of self I will continue to pray to the actual source from which each change has come and will come. There can be no terms in which values can be estimated ever to count the immeasurable value in this investment in *being right* when it is in knowing the laws of all cause and the formulas for placing a cause that does cure disease and creates the harmonies of health.

It did not require 45 years of practice and demonstration to KNOW and be RIGHT on this subject. Repetitions of a few instances of applying the formula and gaining the answers made me KNOW THE RIGHT MODE, THE NATURAL

MODE for corrective changes in every phase of the human. What you may have thought I was calling, losses through being right—I am referring to the subject in this same connection—I now wish to assure you that all become translated into a feature of the invaluable investment and not regrettable at all.

O, yes, it is true, the image in the soul is the cause—use the scientific formula and change the spiritual picture, changing the picture that is registered in the subjective phase of mind, the physical part will change in its state or functioning or both, according to the modified picture placed therein, using our scientific mode to make the change.

I have written my thousands of pages, every one of which contains some description of the blessings to myself in applying that which is RIGHT. All of the forms of the worthwhile have measured the blessings attending the great investment. Be assured that if this were something unattainable, something that nature would withhold from any human, I would not offer it for universal publication—universal, for some day this knowledge will have reached all mankind.

As literally and clearly as this investment possession can be defined—that which the incomparable wealth in BEING RIGHT is as follows, basicly. In the instance of each human, he or she is builded from his or her primary cell by the soul, that life and intelligence, the spiritual self. At the point, the primary cell, the soul of the cell has the material body, the physical of the cell as the material instrument which the soul must use from which to

develop a material, physical instrument adequate and adapted to express objectively in a material, objective world. The intelligence is hungry and uses the physical body with which to absorb food and develop two cells, then the two, under the same control and manner, become four.

As complex an organization as a body may become, its development is through the same means —its form is through the soul using its own plan, image, creating and arranging the body cells to fulfill the pattern constituted of the pictures and the ultimate picture of the infant body. Please note nature's faithfulness to the pictures in the soul of the individual subject. The same principle continues in the development of the body.

The soul that created the body shows to be directed by the images it possesses or becomes possessed of—that law of the image never changes—the soul that created the body remains present therein until its body becomes untenantable, then that life and intelligence moves out.

The soul keeps its regenerative power while it remains in the body—it rebuilds and is subject to the law of the image as to how it shall build and rebuild. It being the spiritual phase that has control over all that the individual is—as long as the individual is a soul with a body, as long as I live in my body, I shall continue to pray to the soul whose body may need some modification organically or in function. There is no other way through which I can be loyal to NATURE. In the total of my writings one has the means of knowing how much he may do in self-correction—or the limitations.

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